

交換生心得報告

在北海道大學為期一年的交換生計劃中，收穫遠遠超出了我的預期。北海道大學是日本一所著名的國立大學，主校區位於札幌。然而，作為一名水產科學系的學生，我們學部在函館校區，這是一個距離札幌有四個小時火車車程的地方。雖然這讓我覺得自己與大學校園的整體社群有些隔離，但我發現函館校區雖然規模較小，卻是一個設施齊全且非常熱情的環境。我非常喜歡那裡優良的實驗室設施，以及因地利之便能夠快速前往附近沿海地區進行野外研究和採樣。

作為一名交換生，我這一年無需註冊任何正式課程。然而，所有實驗室成員都被要求參加每週一次的研討會，內容通常是文獻報告或進度匯報。起初，作為一名非日語使用者，我發現要跟上這些研討會的內容非常具有挑戰性。儘管存在語言障礙，但我意識到參加這些會議對於維繫與實驗室成員的關係至關重要。這是一個讓我們聚在一起，加強彼此聯繫的寶貴機會。在北海道大學，英語並不是一種普遍使用的語言，我發現在適應初期會有些困難。儘管如此，我了解到日本學生對外國人非常友好且充滿好奇心，因此主動與他們接觸是十分重要的。在這一年中，我也參加了每個學期都提供的日語課程。老師非常友善，我對自己在一個學期後就能用簡單的日語進行交流感到非常滿意。這種基本的語言能力讓我在日本的日常生活中輕鬆許多，我能夠毫無困難地應對日常簡單的交流。

除了學術生活之外，住在函館也提供了一個絕佳的機會去體驗道地的日本本土文化。由於函館不像日本一些主要城市那樣國際化和發達，許多傳統的日本節日和文化習俗仍然被完好地保留著。我非常幸運能夠親身體驗到許多活動，例如烏賊舞、煙火節，以及賞櫻時的野餐。住在日本也教會我對文化差異要更加留心。日本人通常比較保守，某些行為，比如邊走邊吃或在公共場合大聲說話，會被認為是不禮貌的。關鍵在於，我們必須意識到並尊重這些文化規範。我學到最好的方法是保持開放的心態，努力融入當地文化，而不是抗拒接受新事物。這樣一來，我的經歷變得更加愉快和豐富。

回顧這一年，我認為我最大的收穫是結交了許多朋友，即使我們現在身處不同的國家，但仍然保持著聯繫。結識來自不同文化背景的朋友是拓寬視野的寶貴方式，同時也讓一起探索新地方變得更有興趣、更容易。我的第二大收穫是體驗了北海道大學不同的實驗室工作模式。在日本的工作風格和設備與我之前所習慣的截然不同，這為我的研究領域提供了全新的視角。我很幸運能在一個擁有優秀教授和實驗室夥伴的環境中，他們鼓勵我不斷走出舒適圈去探索。雖然我的研究領域與我原來的論文主題相同，但接觸到不同的實驗室環境讓我學到了很多，並激發我思考如何開展和探索未來更多的研究課題。這段經歷它不僅帶來了學術上的成長，更豐富了我個人的發展，留下了許多難忘的回憶。

My Exchange Period in Hokkaido University

During my one-year exchange program at Hokkaido University, I gained far more than I had ever anticipated. Hokkaido University is a prominent national university in Japan, with its main campus located in Sapporo. However, as a student in the Department of Fisheries Sciences, I was based at the Hakodate campus, which is a four-hour train ride from Sapporo. While this meant I was more secluded from the larger university community, I found the Hakodate campus to be a smaller but very well-equipped and welcoming environment. I particularly appreciated the excellent laboratory facilities and the convenient access to nearby coastal areas for fieldwork and sampling.

As a special audit student, I was not required to register for any formal courses during the year. However, all laboratory members were expected to attend a weekly seminar, which typically involved literature presentations or progress reports. Initially, as a non-Japanese speaker, it was challenging to follow these seminars. Despite the language barrier, I recognized that attending these sessions was essential for bonding with my labmates. It served as a valuable opportunity for us to gather as a group and strengthen our relationships. Communicating in English at Hokkaido University was not common, and I found this initial adaptation to be a bit difficult. Nevertheless, I learned that Japanese students are very friendly and curious about people from other countries, so taking the initiative to reach out to them is very important. Throughout the year, I also attended Japanese language lessons, which were offered every semester. The instructor was nice and kind, I was very satisfied that I was able to communicate in simple Japanese after one semester. This basic proficiency made navigating daily life in Japan much easier, as I was able to handle simple interactions without any problems.

Beyond my academic life, living in Hakodate provided a wonderful opportunity to experience authentic local Japanese culture. Since Hakodate is not as large or international as some of Japan's major cities, many traditional Japanese festivals and cultural practices remain intact. I was fortunate to experience events like the Ika Odori, firework festivals, and Sakura hanami combined with barbecues. Living in Japan also taught me to be more mindful of cultural differences. The Japanese people are generally more conservative, and certain actions, such as eating while walking or speaking loudly in public, are considered rude. The key is to be aware of and respect these cultural norms. I learned that the best approach is to be open-minded and try to immerse oneself in the local culture, rather than rejecting what is new or different. Doing so made my experience much more enjoyable and enriching.

Looking back on my year, I believe my most significant gain was the friendships I made. I am still in contact with many people I met, even though we now live in different countries. Meeting friends from diverse cultural backgrounds is an invaluable way to broaden one's perspective and makes exploring new places together far more interesting. My second major gain was the opportunity to experience a different laboratory culture at Hokkaido University. The working style and available equipment were distinct from what I was accustomed to, and this provided a fresh perspective on my field. I am fortunate to have been in a laboratory with supportive professors and labmates who encouraged me to get out and explore, both academically and personally. While my research focused on the same field as my original thesis, the exposure to a different laboratory environment taught me a great deal and inspired me to think about new ways to initiate future research topics. This entire experience has been transformative, offering not only academic growth but also personal development and a wealth of unforgettable memories.